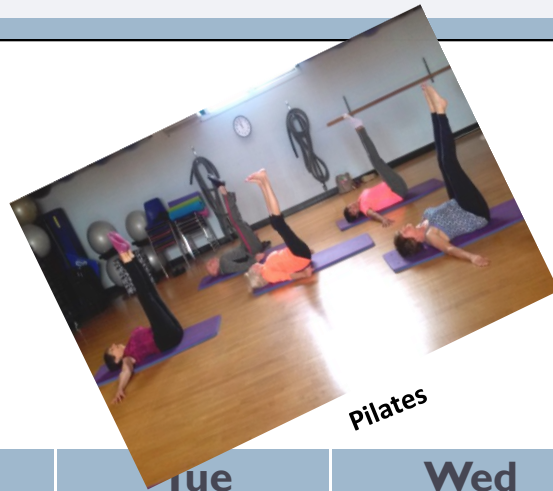




Fit Ball



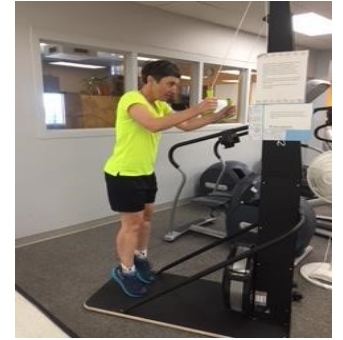
Pilates

October

Wellness Center Classes

www.colorado.feb.gov

Khovland@colorado.feb.gov



New SkiERG, donated by Kaiser

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 12—1 Ski Conditioning	2 3—3:45 Fit Forever 4:45—6 Yoga w/Sue \$10	3 11:30—12:30 Pilates \$17	4 12—1 Fit Ball 4:45—6 Yoga w/Sue \$10	5 11:35—12:35 Mat Pilates By Kaiser Permanente	6
7	8 12—1 Ski Conditioning	9 3—3:45 Fit Forever 4:45—6 Yoga w/Sue \$10	10 11:30—12:30 Pilates \$17	11 12—1 Fit Ball 4:45—6 Yoga w/Sue \$10	12 11:35—12:35 Hatha Yoga on CD Bob out	13
14	15 12—1 Ski Conditioning	16 3—3:45 Fit Forever 4:45—6 Yoga w/Sue \$10	17 11:30—12:30 Pilates \$17	18 12—1 Fit Ball 4:45—6 Yoga w/Sue \$10	19 11:35—12:35 Hatha Yoga on CD Bob out	20
21	22 12—1 Ski Conditioning	23 3—3:45 Fit Forever 4:45—6 Yoga w/Sue \$10	24 8 — 9 Reserved 11:30—12:30 Pilates \$17	25 12—1 Fit Ball 4:45—6 Yoga w/Sue \$10	26 11:35—12:35 Hatha Yoga on CD Bob out	27
28	29 12—1 Ski Conditioning	30 3—3:45 Fit Forever 4:45—6 Yoga w/Sue \$10	31 11:30—12:30 Pilates \$17			